

Use this card when you are shopping to help make healthy choices for your kids. For more in-depth information go to:

[www.SafeStartForKids.org](http://www.SafeStartForKids.org)

Washington Toxics Coalition has been protecting health and the environment since 1981 by promoting alternatives, advocating policies, and educating communities.

## Shopping Tips for Healthy Kids!

Produced by Washington Toxics Coalition

### Baby Bottles



Choose glass, cloudy plastic, or clear plastic labeled BPA-free. Examples include: Medela bottles, Gerber bottles, & Evenflo's cloudy or colored bottles. Use silicone nipples instead of rubber/latex.

### Sippy Cups



Choose stainless steel or cloudy plastic, such as Avent Magic Cup & Playtex Sipster.



## Fruits & Veggies

Choose organic for peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce, & potatoes.



## Lunch Boxes

Choose cloth bags & avoid vinyl (plastic) lunch boxes.

Learn more about safer toys  
at [www.HealthyToys.org](http://www.HealthyToys.org)



## Clothing

Check tags & avoid bibs, diaper covers, & rain gear made of vinyl or PVC (polyvinyl chloride).



## Art & Craft Supplies

Choose coloring crayons, colored pencils, glue sticks, white glue, water-based markers (unscented), & water-based children's paints.



## Toys

Avoid children's jewelry & soft plastic toys. Choose teething rings made of fabric or plain wood.

